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It is unfortunate that "Always a Private Duty Nurse" has had the experience with the "big stick" and the "wire pulling" she quotes, but we cannot believe that it is a representative condition of the country.

Our superintendents are striving for the best for their training schools and the profession, and struggling frequently for the attainment of these ideals against almost overwhelming odds. They must have the advancement of the profession at heart and a love for their training schools or they would not be in such positions, for the salary alone would never compensate for the responsibility resting on the superintendent's shoulders.

It does not seem that anyone could attend the convention of the American Nurses' Association without being impressed by the wonderful women who direct the nursing affairs of the country, and we are very justly proud of them. These women have not risen to their position by "wire pulling" but by demonstrating their ability in doing well their task as it came to them, and always working for the advancement of their profession. They have been put there by their co-workers—the nurses of the United States.

I have done private duty for several years and have never been a superintendent but neither in training or subsequent work have I met the experience of "Always a Private Duty Nurse," and I cannot believe that it is representative, and I also believe that anyone who has had the privilege to attend the national conventions will agree with me.

STELLA K. KENNY, R.N.

Brooklyn, N. Y.

TRIED RECIPES

DEAR EDITOR: I have found that many graduate nurses and practising physicians do not know how to properly prepare beef broth, beef tea, beef juice, and gruels, and have thought it might be of practical value to many readers of your JOURNAL if directions were published. I here inclose a copy of my own recipes, which I have used for many years and know their value.

OATMEAL GRUEL

Soak one-half a cup of rolled oats in three cups of cold water for thirty minutes. Stir thoroughly and strain off the liquor, being careful not to allow any particles of the oats to pass through the strainer. Place the liquor in a double boiler, or in a dish set in a pan of boiling water, stir constantly until it thickens, and cook two hours; salt to taste; add cream or milk, and serve. This may be given to little children who cannot eat cooked oatmeal because of its action on the bowels.

BEEF BROTH

Three pounds of beef cut from the round, cut in inch pieces, place in a kettle containing three quarts of cold water and one level teaspoon of salt, let stand thirty minutes. This extracts some of the juices. Place the kettle on a very slow fire, and let simmer, not boil, for two hours, then gradually increase the heat to a gentle boil, and boil slowly for three hours or longer, until the liquor is reduced one-half. Strain, cool and skim off every particle of fat. If directions are carefully followed, there should be one and one-half quarts of thick jelly broth.

Great care must be taken not to allow the meat to come quickly to the boil, as it toughens the fibre, and renders it impossible to properly extract the juices.

The same principles should be followed in the preparation of chicken broth.

BEEF TEA

Two pounds of meat from the round, cut in inch pieces, or put through the meat chopper. Place in a glass fruit jar which has been previously boiled in water. Cover the meat with cold water, add one-half a teaspoon of salt, and let stand thirty minutes. Place a tight cover on the jar; immerse the jar in a deep kettle of cold water, placing a saucer under the jar to prevent it from resting on the bottom of the kettle. Place the kettle on the stove and heat slowly to about 130° F. or until the water feels quite hot to the fingers, but on no account allow to come anywhere near the boiling point. Cover the kettle closely, turn off the gas, or set on the back of the range for two hours, strain, cool, and skim. The product should be a bright, clear, red liquor with few, if any, coagulated particles in it. It is best served very cold, salted to taste. If the patient prefers it hot, pour some in a cup and warm in a pan of hot water. If heated too hot, the liquor will be thick with coagulated particles of albumin, which renders it more difficult of digestion. Lemon or orange juice may be added to it if served cold.

BEEF JUICE

Two pounds of round steak, cut off all fat, cut in inch pieces, place on the stove in a granite pan, with two tablespoons of warm water, stir constantly until the meat becomes white on the outside, and juices begin to flow. Place immediately in a meat press previously warmed by pouring hot water over it. Turn the screw tightly and about one glass of bright red juice will immediately flow through.

This is of great value in cases of debility following fevers. It is given during typhoid fevers, and in cases of anæmia. It is best given ice cold, or with orange or lemon juice.

M. V. MOON.

Iowa.

SOME CONDITIONS HIGHLY BENEFITED BY SALINE ENEMATA

DEAR EDITOR: It is little known to nurses, for how many different conditions an enema of normal saline solution is useful. Most doctors allow a saline enema to be given at the discretion of the nurse. The normal enema of saline solution for any of these below-mentioned purposes should be given high—the rectal tube inserted nearly the entire length of the soft rubber catheter. No. 14 American soft rubber catheter is a good size for a rectal tube. Some physicians contend that a soft rubber catheter cannot be inserted higher than eight inches into the lower bowel, as there is at that distance a turn at the sigmoid flexure; but it can be inserted the entire length by inserting it very carefully and slowly. We know that it can be, because when it is inserted the water flows, and it would not flow were the tube kinked. If the snap is opened, allowing the water to flow as soon as the tube enters the rectum, it aids a comfortable insertion.

By close observation, I find that an enema of a pint, given not oftener than every half hour, gives a better result than an enema of a quart or more.